

Certifications

Thurs Nov 13

→ SCW Active Aging

Gilbert • 8am-4pm

→ SCW Group Exercise

Velazquez • 8am-4pm

→ SCW Aquatic Exercise

Layne • 8am-4pm

→ ToughAgers® Instructor

Rothschild • 9am-4pm

→ SCW Chair Yoga

Ratliff • 9:00am-5:00pm

→ SCW Personal Training

Bannister-Munn • 9am-6pm

→ SCW Pilates Matwork

Toole • 8am-4pm

→ WATERinMOTION® Aqua Exercise

Carroll • 8am-4pm

→ ZUMBA® Basic 1 Training

Lamprecht • 7:15am-4pm

→ SCW Menopause Wellness EXPRESS

Layne • 4:30pm-8:30pm

Register Here



Fri

November 14

Sat

November 15

Sun

November 16

FR1

7:30am-8:45am

No Floor Core and Balance Layne	Power Source: A Core Practice Ratliff	Get Off Your Back P. Ross & Corso	Authentic Mat Pilates Uncovered Toole
------------------------------------	--	--------------------------------------	---

FR2

9:00am-10:15am

Bodyfit: Tips on Modifications Ross	Boost Brain & Body Balance Gilbert	CoreSpring® Pilates Abs & Glutes Huss	Chair Yoga for Mobility & Strength Kooperman
--	---------------------------------------	---	---

FR3

11:00am-12:15pm

Boost Better Balance Rothschild	Arms, Butts & Core on the Floor! Bannister-Munn	Warrior® Workout Roberts	Shoulder Pain: Optimize Through Exercise Webb
------------------------------------	--	-----------------------------	--

FR4

Session 1
12:30pm-1:45pm
Session 2
1:15pm-2:30pm

Master Knee-Pain Reduction Strategies Webb Session 2	Broken to Beast Fitness Programming Poirier Session 1	ZUMBA® Derosiers Session 2	Deconstructing Asanas Ratliff Session 1
--	---	----------------------------------	---

FR5

2:45pm-4:00pm

Dare to Chair Gilbert	Game Your Core Velazquez	Stretch RX: Feel It, Fix It Bannister-Munn	SOULfusion™ Flows Park
--------------------------	-----------------------------	---	---------------------------

FR6

4:30pm-5:45pm

Ankle Mechanics for Peak Performance Garcia	Group Strength Blueprint Lenart	Pump Your Peach! Toole	Pilates Functional Progressions Velazquez
--	------------------------------------	---------------------------	--

FR7

6:00pm-7:00pm

SCW FITNESS STAR SEARCH Kooperman, Gilbert, Bannister-Munn & Toole Room A			
--	--	--	--

SA1

7:30am-8:45am

Bone Strong Gilbert	Band Strong: Train Anywhere Power Bannister-Munn	No Equipment? No Excuses! Garcia	Warrior® Tai Chi Yoga and Qi Gong Fusion Roberts
------------------------	--	-------------------------------------	---

SA2

9:15am-10:30am

KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A			
---	--	--	--

SA3

11:00am-12:15pm

S.E.A.T. Supported Exercise for Ageless Training Gilbert	Train the Female Athlete P. Ross & Corso	BARRefusion™ Experience Vandenberg	Spinal Mobilization for Fitness Professionals Hopper
---	---	---------------------------------------	---

SA4

Session 1
12:30pm-1:45pm
Session 2
1:15pm-2:30pm

Dementia Client Strategies for Trainers Rothschild Session 1	Triple Threat: Step, Strength, and Core Toole Session 2	SOULfusion™ Lower Body Blast Park Session 1	Human Reformer Pilates Lenart Session 2
--	---	---	---

SA5

2:45pm-4:00pm

Mobility Training – Online or In-Person Webb	SOULstrength : A little OFF BEAT Park & Patruno	Flex Like a Boss Haggard	CoreSpring® Pilates Functional Performance Huss
---	--	-----------------------------	--

SA6

4:30pm-5:45pm

Athletic Aging by Ever Flexed Lenart	Next-Level Core Training Garcia	Pelvic Floor from the Outside In Layne	Restorative Stretch Bannister-Munn
---	------------------------------------	---	---------------------------------------

SU1

7:30am-8:45am

Aging Brains & Bones Layne	Bandz & Bounce Haggard	Barreless Barre – No Barre, No Limits! Lenart	Pair Up With Pilates Toole
-------------------------------	---------------------------	--	-------------------------------

SU2

9:00am-10:15am

Age Defying Mobility Training: Enhancing Longevity Webb	The Hidden Core P. Ross & Corso	SOULkickboxing™ Coleman	Conquering Sciatic Pain Garcia
--	------------------------------------	----------------------------	-----------------------------------

SU3

10:45am-12:00pm

Comprehensive Active Aging Strategies Rothschild	Glide & Grind Haggard	When Movement Meets Emotion Holden	Moving Meditations Roberts
---	--------------------------	---------------------------------------	-------------------------------

SU4

12:15pm-1:30pm

LaBlast® Chair Fitness: Pull Up a Seat Venezio	Kettlebell Training for Women P. Ross & Corso	Pilates, Power & Poise Lenart	The Core You Can't Crunch Holden
---	--	----------------------------------	-------------------------------------

Room E

Waterworks
(Starts in lecture)

Room F

Wellness

Room G

Leadership

Liquid Gym: Acqua Toner Stretch & Tone Vandenberg	Supporting Clients on Anti-Obesity Medications Gilbert	Framework to Overcome Self-Sabotage McBriarty
--	---	--

Aqua ZUMBA® Derosiers	10 Steps To Ultimate Weight Loss Experience Netto	Convert Assessments into Sales Poirier
--------------------------	--	---

Aqua Intervals Roulette Vandenberg	Spinal Mobilization for Fitness Professionals Hopper	Find & Enroll Clients Using Social Media Clark
---------------------------------------	---	---

Wave Works Velazquez & Vandenberg Session 1	Nutrition: Hot Topic Research - Layne Session 2	Marketing to Active Agers Panel Kooperman, Toole, Rothschild, Gilbert & Wanjiru Session 1
--	--	---

Turbulence Training PluimMentz	How You Move Matters Laskowski	Stability Solutions for Older Adults Netto
-----------------------------------	-----------------------------------	---

Liquid Gym® Liquid Stars Vandenberg	Debunking Exercise Science Myths Layne	Stretching Strategies: Flexibility, Recovery, Performance Kooperman, Bannister-Munn, Webb, Laskowski & Hopper
---	---	--

BUSINESS KEYNOTE: Fitness Business Strategies for Impact & Income Brandi Clark Room G		
--	--	--

Liquid Gym Aqua Punch & Pump Velazquez	Cracking the Code to Weight Loss Toole	Conflict to Connection: Navigating Tough Conversations Digsby
---	---	--

KEYNOTE ADDRESS: The Purpose-Driven Fitness Formula - Ruston Webb, MS, FMS II, TPI-CGFI II - Room A		
---	--	--

Aqua Boot Camp BOQ-style Ford	Women: Training Through the Stages Layne	Know Your Worth Ross
----------------------------------	---	-------------------------

Ageless Aqua Velazquez, Vandenberg & Haggard Session 1	Tendencies That Transform Training Heywood Session 1	Women's Leadership: Kooperman, Bannister-Munn, Gilbert, & Clark Session 2
---	--	--

Strength Beneath the Surface PluimMentz	How to Avoid Being My Patient Laskowski	Find Your Next 50 Leads Clark
--	--	----------------------------------

Tides of Power Velazquez, Vandenberg & Haggard	Smart Food Choices for Longevity Digsby	Strength Training for Active Agers Panel Kooperman, Gilbert, Toole & Laskowski
--	--	---

All-Inclusive Aquatics PluimMentz	Weight: Genetics, Environment, or Lifestyle? Digsby	Sunday Certifications S.E.A.T. Supported Exercise For Ageless Training - Vandenberg 8:00am-4:00pm SCW Stretching & Flexibility - Bannister-Munn 8:00am-4:00pm SCW Yoga 1 Velazquez 8:00am-4:00pm
-----------------------------------	--	--

AQUAHOLIC Layne	Inside the Mind of Coaching Herlihy
-----------------	--

Aquatic Equipment Innovations Ford	Trending Diets & Weight Loss Meds Digsby
---------------------------------------	---

Drip & Drop Haggard	Fueling Fitness – Food Meets Mood Herlihy	
---------------------	--	--

Pre-Recorded Sessions
Personal Training/
Strength

Pre-Recorded Sessions
Restore/
Pilates /Tai-Chi

Pre-Recorded Sessions
Active Aging/
Functional Training

Pre-Recorded Sessions
Nutrition/
Exercise Science

Add an EMOM Merrill	Yoga-Pilates Restore Bannister-Munn	Active Aging Playground Toole	A Wealth of Gut Health Unlocked Fearheiley
---------------------	--	----------------------------------	--

Arm Candy Appel	Myofascial Recovery Garcia	Aging Shoulder: Exercise to Function! Aslakson	Art of Food as Fuel Lemons
-----------------	-------------------------------	---	-------------------------------

Athletic Woman: Function & Strength Hughes	Deconstructing Asanas J. Roberts	Prime Performance for 50+ Robinson	Feed Your Body & Soul: Mindful Eating Pyle
---	-------------------------------------	---------------------------------------	---

Core Amore Madden	Recovery Through Meditation Rockit	Creative Programming 55+ Wartenberg	Functional Nutrition & Hormones: Healthy Aging Zuleger
-------------------	---------------------------------------	--	---

Integrated Strength George	Pilates, Power & Poise Lemons	Hip Mobility for Active Aging Bannister-Munn	Fundamentals of Squat Progressions and Variations Mike
-------------------------------	----------------------------------	---	---

Hit The Wall Rockit	Reset and Recharge Spreen-Glick	Strength Training For Longevity & Vitality II Kooperman	Nutrition Panel Layne, Digsby, Toole, Fearheiley
---------------------	---------------------------------	--	--

Kickbox N Chaos Turner	Recovery For Longevity Appel	Senior Circuit Haggard	Self-Care For Your Immune System Seti
------------------------	------------------------------	------------------------	--

Strength Courage and Wisdom Freeman	Mindful Body Fusion Lemons	Optimal Mobility: Enhancing Functionality Gilbert	Aging Brains & Bones Layne
--	-------------------------------	--	-------------------------------

Add 160 Recordings Today for Only \$60 More
(100 Live / 60 Pre-Recorded). Check Website For Full
Descriptions. scwfit.com/boston

Total Body Strength Richards	The Chakras: Align Your Energy Kaufman	Balance & Coordination for Active Agers Velazquez	Nutrition for Healthy Aging Charlop
---------------------------------	---	--	--

Ultimate Leg Day Toole	Active Recovery Zuleger	Bone Health Bootcamp Conti	Movement Through Menopause Groves
---------------------------	----------------------------	-------------------------------	--------------------------------------

Step, Stamina & Strength Chilazi	Balls, Blocks, Bands: Pilates Fusion Metcalf	Everyday Strength: Coaching the Active Aging Female K. Roberts	Plyometric Exercise for Older Adults Aslakson
-------------------------------------	---	---	--

Bringing Back Foundational Strength Training Johnson	TaiChi Flow: Recovery for GXs & PTs Glassmeyer	Active Aging Latin Joyful Mix Sepulveda	Exercise Analysis Mack
--	---	--	---------------------------

Effort Mastery: Coaching Peak Performance and Motivation McBee	Forever Pilates Appel	Smart Warm-Ups for Active Aging D'Agati	Sugar, Snacks & Heart Attacks Digsby
---	-----------------------	--	---

Fluid Core Fusion Velazquez	Joint Replacements: Returning Triumphant! K. Roberts	Renew & Restore: Flexibility for 50+ Ross	Chain Reaction Biomechanics Hughes
--------------------------------	---	--	---------------------------------------

Meet The Hybrid Fitness Professional Esquerre	Tai-Chi Fused Yoga Velazquez	Brain Balance Training Splichal	Building Muscle While Losing Fat Layne
--	---------------------------------	------------------------------------	---

Training the Neurodivergent Client Conti	Pilates 4 Life Kahn	Marketing to Active Agers Kooperman, Gilbert, Toole & Wollan	Magnesium: The Mighty Mineral Unveiled Toole
---	------------------------	---	--